

MEAL MENU

August 25 - 29

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Muffins Apples Milk	Life cereal Craisins Milk	French Toast Peaches Milk	Lucky charm cereal Raisins Milk	Pancakes Pineapple Milk
Lunch	Cheese and Bean Burritos Apple Milk or Water	Fish Sticks French fries Orange Milk or Water	Mac & Cheese Fruit cocktail Peas Milk or Water	Pita bread pizza Mozzarella cheese Bananas Milk or Water	Turkey hot dog Bun Oranges Cucumber slices Milk or water
Snack	Graham Crackers Dried Mango Water	Chex Mix Carrots Water	Goldfish Cheese Sticks Water	Pretzels Yogurt Water	Rice Krispies Craisins Water

September 2 - 5

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Apple Jacks Craisins Milk	French toast Peaches Milk	Raisin Bran Apples Milk	Pancakes Mandarin oranges Milk
Lunch	SCHOOL CLOSED	Turkey sandwich Pears Bell pepper slices Milk or Water	Cheese Quesadilla Apples Cucumber slices Milk or Water	Chicken patty Bun Oranges Broccoli Milk or water	Ham sandwich Dried mango Broccoli Milk or Water
Snack		Veggie straws Carrots Water	Animal crackers Yogurt Water	Chex mix Craisins Water	Goldfish Raisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

September 8 - 12

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Muffin Apples Milk	Life cereal Raisins Milk	French Toast Pears Milk	Lucky charm cereal Craisins Milk	Pancakes Pineapple Milk
Lunch	Turkey hot dog Bun Oranges Cucumber slices Milk or Water	English Muffin Cheese melt Apples Baby carrots Milk or Water	Shell pasta Alfredo sauce Mandarin Oranges Green salad Milk or water	Fish sticks French fries Tomato slices Milk or Water	Cheese Quesadilla Bananas Bell peppers slices Milk or Water
Snack	Ritz Crackers Cheese Stick Water	Pop tarts Craisins Water	Saltine crackers Cheese slices Water	Rice Krispies Dried mangos Water	Pretzel Yogurt Water

September 15 - 19

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Raisins Milk	Raisin bran cereal Craisins Milk	French Toast Peaches Milk	Frosted Flakes Raisins Milk	Pancakes Pineapple Milk
Lunch	Turkey sandwich Oranges Cucumber slices Milk or Water	Chicken nuggets Tater tots Bananas Baby carrots Milk or Water	Pita bread Pizza Mozzarella Cheese Pears Bell pepper slices Milk or Water	Sun butter sandwich Oranges Tomato slices Milk or water	Turkey hot dog Bun Apples Baby Carrots Milk or Water
Snack	Graham crackers Cheese sticks Water	Club Crackers Carrots Water	Animal Crackers Mangos Water	Ritz crackers Cheese Slices Water	Pop tarts Craisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

September 22 - 26

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Muffins Apples Milk	Life cereal Craisins Milk	French Toast Peaches Milk	Lucky charm cereal Raisins Milk	Pancakes Pineapple Milk
Lunch	Cheese and bean burritos Apple Milk or Water	Fish Sticks French fries Orange Milk or Water	Mac & Cheese Fruit cocktail Peas Milk or Water	Pita bread pizza Mozzarella cheese Bananas Milk or Water	Turkey hot dog Bun Oranges Cucumber slices Milk or water
Snack	Graham Crackers Dried Mango Water	Chex Mix Carrots Water	Goldfish Cheese Sticks Water	Pretzels Yogurt Water	Rice Krispies Craisins Water

September 29 – October 3

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagels Cream cheese/butter Raisins Milk	Apple Jacks Craisins Milk	French toast Peaches Milk	Raisin Bran Apples Milk	Pancakes Mandarin oranges Milk
Lunch	Turkey sandwich Pears Cucumber slices Milk or Water	Cheese Quesadilla Apples Bell pepper slices Milk or Water	Bow tie pasta Marinara sauce Pineapple Green salad Milk or Water	Chicken patty Bun Oranges Broccoli Milk or water	Ham sandwich Dried mango Cucumber slices Milk or Water
Snack	Ritz crackers Cheese slices Water	Veggie straws Carrots Water	Animal crackers Yogurt Water	Chex mix Craisins Water	Goldfish Raisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango